

Abstract

Title: Analysis of training units in squash

Targets/aims: The aim is to identify as squash coaches divided their training session and how gradually shift the individual exercises in the main part of the lesson and at what level of exertion these exercises are. The second aim is using the MADI clarify which aspects of interactions take place between coach and player of squash in the training session.

Methods: At work we used the method of participant observation, where the researcher was that of a full observer. Data were collected by video and audio recording of acquisition training session thirty squash coaches. Data analysis was performed using the modified analysis didactic interaction and observation method using a categorical system was used to analyse the structure of the training session. The results were interpreted comparisons.

Results: When we are analysing the structure of the training session, we found that most of the wards of the coaches training workout begins musculoskeletal system load, half of the coaches listed as the main part in the correct sequence specific exercise intensity and almost half of the wards of the coaches' momentum system performs regeneration after intensive physical activity. We found that the method of teaching interactions for coaches is very different. Coaches spend almost the entire amount of time on court training session in complicity with the player, the greatest part of coaches in silent complicity in controlled intervals transmit verbal and physical player feedback. A slightly smaller portion coaches implements training in participation along with verbal correction.

Key words: sports game, squash, structure of training session, analysis, didactic interaction